

A GUIDE FOR LGBTQ+ OLDER ADULTS

Your Vote Matters

Elections affect the policies and programs that shape the lives of LGBTQ+ older people, including healthcare, housing, economic security, and civil rights protections. Voting is one of the most powerful ways to ensure your voice is heard.

ELECTION DAY | 2026 MIDTERM ELECTIONS

Tuesday, November 3

Check your registration:

- ☐ Confirm that you are registered to vote.
- ☐ Make sure your address and voter information are up to date.
- ☐ Learn your state's registration deadlines.

[Register, check your status, and find deadlines at Vote.org.](#)

Be careful before you click.

Election misinformation and scams can spread through texts, email, social media, and ads. Check links with your state or local election office or a trusted nonpartisan resource before clicking or sharing.

Ways to Vote

Your options depend on where you live. Confirm eligibility, dates, and requirements with your state or local election office.

1 Early in person

Many states offer voting before Election Day. Early voting can help you avoid long lines, give you more scheduling flexibility, and allow time to resolve voting issues.

[Find early voting options and dates.](#)

2 By mail or absentee ballot

Many states allow voting by mail. It can be helpful if you have mobility, transportation or scheduling challenges. Request and return your ballot before your state's deadlines.

[Explore vote-by-mail options.](#)

[Check request and return deadlines.](#)

3 On Election Day

Vote on Tuesday, November 3, 2026. Before heading to the polls, confirm your polling place, check polling hours and verify your state's identification requirements.

[Find your polling place.](#)

[Check voter ID rules at \[Vote.org\]\(#\) or \[VoteRiders\]\(#\).](#)

Know Your Rights

Accessible voting

Receive assistance if you have a disability.

Language support

Access language assistance where required.

In line at closing

You can vote if you are in line when polls close.

Provisional ballots

If your registration is questioned, ask about a provisional ballot, and follow-up steps.

Your authentic self

Gender discrepancies on your ID are not a valid reason to deny a regular ballot. Check your state's other ID requirements.

Make a plan to vote:

Confirm your registration. Choose how you will vote. Learn your deadlines. Encourage friends and family to vote.

Need help voting?

Election Protection Resources

866-OUR-VOTE

866-687-8683

Call or text for help in English.

Spanish

888-839-8682

Chinese, Vietnamese, Korean, Bengali,
Hindi, Urdu and Tagalog

888-274-8683

Arabic

844-925-5287

ASL video call

301-818-8683

Election Protection online

Contact through WhatsApp

hotline@866ourvote.org

Helpful resources

HRC Voting Center

A4TE Voting While Trans

Vote.org

When We All Vote

VoteRiders

AARP Election Guide